

# COUGH *Etiquette*

HELP PREVENT THE SPREAD  
OF INFECTION. COVER YOUR  
MOUTH AND NOSE.



When you cough or sneeze,  
cover your mouth and nose  
using your **upper sleeve or  
elbow**.



Or, cover your mouth and nose  
with a **tissue**.



Toss the used tissue in the  
**garbage**.



After coughing or sneezing,  
wash hands with **soap and  
water**, especially if you're  
caring for the sick.



Or use an **alcohol-based hand  
sanitizer** when soap and water  
aren't available.

